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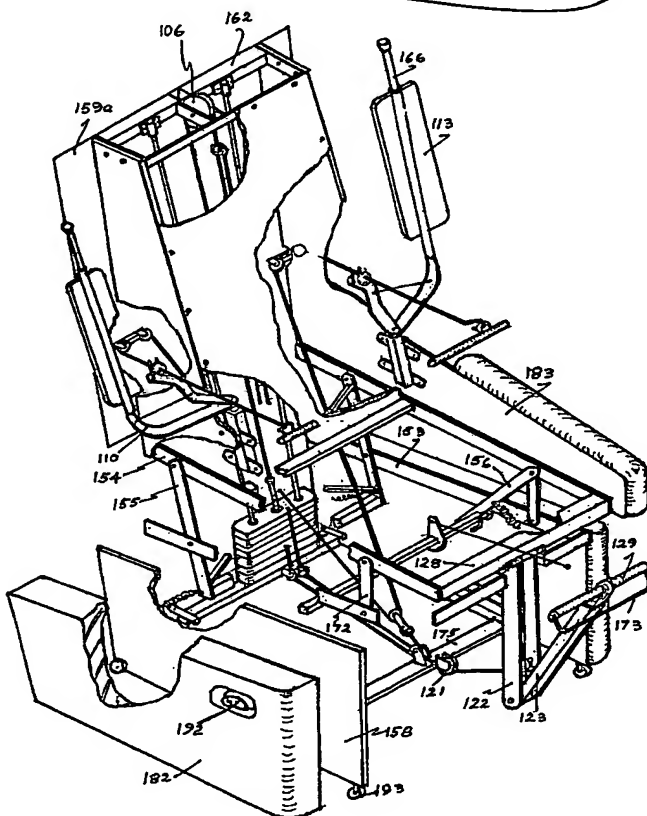
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(54) Title: CHAIR TYPE EXERCISE APPARATUS



(57) Abstract: A multifunction exercise apparatus having a seat portion (47) and a backrest (48) in the configuration of a chair, which in a first passive mode conceals the presence of a plurality of exercise elements which together form an exercise apparatus, and in a second exercise mode reveals one or more of said exercise elements for a user, the position of the seat portion (47) being altered and locked in a position with respect to a base portion and support surface on which the apparatus stands when the apparatus is moved between its first passive mode and the second exercise mode. This provides a comfortable chair construction that will fit in well with conventional home or office furniture when the apparatus is not required to be used for an exercise session.

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